

## LEARN TO PLAY LACROSSE

The 'Learn to Play Lacrosse' program was created by Lauren Welti of Troop 10133 for her Girl Scout Gold Award project. Welti raised money from local businesses to purchase 2 lacrosse goals, 2 goalie sticks, 12 lacrosse sticks and 12 balls.

For two weeks, at the town's summer camp at the East Windsor Reservoir, she taught kids ages 9-12 and counselors how to play lacrosse. She started out with simple lacrosse drills such as cradling, throwing and catching the ball. The kids picked it up quickly and were eager to play a game after the first day.

She created documentation on the drills for the summer camp. The camp will continue to offer the 'Learn to Play Lacrosse' program.

If you would like to learn more about the program, you can contact East Windsor Park & Rec at (860) 627-6662.

